

Summer

2021

JULY • AUGUST • SEPTEMBER



the  
GATHERING  
PLACE

FACING CANCER • EMBRACING LIFE



## WHAT'S INSIDE

### WELCOMING ORIENTATION

It's easy to get started. Connect with The Gathering Place today.

### JOIN A LECTURE

Hear from medical experts and discuss hot topics as they relate to cancer.

### COMMUNITY EVENTS

Don't miss our monthly events with our community partners.

The Gathering Place's mission is to provide a caring community that supports, educates and empowers individuals and families currently coping with the impact of cancer through programs and services

*provided free of charge.*



We hope you enjoy our newly redesigned quarterly program calendar and newsletter! I encourage you to explore the wide variety of FREE cancer support programs and services we provide at The Gathering Place. I am extremely proud of our program staff as they continue to develop relevant programming to meet the needs of those on their cancer journey.

All of us at The Gathering Place remain committed to Northeast Ohio's cancer community. Please do not hesitate to reach out to one of our licensed therapists or staff members at any point as you navigate the effects of cancer in your life.



*with appreciation,*

**MICHELE SEYRANIAN**

CEO

## WELCOME

### New to The Gathering Place?

Start here! Meet with a staff member to explore our FREE programs and services. Connect with Beth Bennett to schedule a **Welcoming Orientation** today.

**MONDAYS AT 6:30PM**

**SATURDAYS AT 10:30AM**

**BETH BENNETT**, PT, RDN, LD, MS, MA  
CHIEF PROGRAM OFFICER

bennett@touchedbycancer.org  
216-455-1517

## OUR OFFICES

All programs at The Gathering Place are currently being offered virtually. For a complete list of programs and to register, visit [touchedbycancer.org/calendar](https://touchedbycancer.org/calendar).

We are available by phone at 216-595-9546, Monday through Friday from 9:00am-5:00pm.

### THE GATHERING PLACE EAST

The Arnold & Sydell Miller Family Campus  
23300 Commerce Park, Beachwood, OH 44122

### THE GATHERING PLACE WEST

The Sandy Borrelli Center  
25425 Center Ridge Road, Westlake, OH 44145

## MEET THE CLINICAL TEAM



### BETH BENNETT

PT, RDN, LD, MS, MA  
bennett@touchedbycancer.org  
216-455-1517



### MARY FISHER-BORNSTEIN

LISW-S  
bornstein@touchedbycancer.org  
216-455-1506



### ERIN RAFTER

PHD, CCLS  
rafter@touchedbycancer.org  
216-445-1516



### STEPHEN CERNE

NSCA-CPT, ACSM/ACS-CET  
cerne@touchedbycancer.org  
216-455-1503



### STEPHANIE HOPKINS

MS, RDN, LD  
hopkins@touchedbycancer.org  
216-455-1525



### ANDREA SONNIE

LISW-S, OSW-C  
sonnie@touchedbycancer.org  
216-455-1521



### EILEEN COAN

MA, MLS  
coan@touchedbycancer.org  
216-455-1504



### SUSAN MARINAC

MSSA, LISW-S, MT-BC  
marinac@touchedbycancer.org  
216-455-1512

# ONGOING PROGRAMS

## Nutrition & Exercise

Health and fitness screening required before attending any movement class. Call Stephen Cerne at 216-455-1503

## EXERCISE CLASSES

(FOR THOSE DIAGNOSED WITH CANCER)

Comprehensive strength, endurance, balance, and flexibility routine for those in cancer treatment or dealing with side effects from treatment.

**MONDAYS: 7-8PM** Michael Ciccarello, GFI, PT

**TUESDAYS & THURSDAYS: 12:30-1:00PM** Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

**THURSDAYS: 6:30-7:30PM** Michael Ciccarello, GFI, PT

## BALANCE FOR IMPROVED FUNCTION

Exercise class that builds on balance, stability and body awareness.

**WEDNESDAYS: 12:30-1:00PM**

Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

## ZUMBA WITH ANITA BARTEL

Move at your own pace while dancing to Latin rhythms in this low impact, low intensity class.

**MONDAYS: 10:00-11:00AM**

## Call facilitator to register

PLEASE NOTE: All support groups are currently virtual. We have maintained the groups that were meeting on the EAST & WEST side prior to COVID.

## RESTORATIVE MOTION

A slow flow stretching and yoga-based program.

**FRIDAYS: 12:30-1:00PM**

Stephen Cerne, NSCA-CPT, ACSM/ACS-CET

## YOGA WITH LISA THIEL

A gentle flow class appropriate for all levels.

**WEDNESDAYS: 10:00-11:00AM**

## QIGONG & TAI CHI WITH JEANNIE KORAN

Reduce stress & improve balance.

**SATURDAYS: 10:00-11:00AM**

# INDIVIDUAL SERVICES

Medical research, resources, legal consultations, medical bill questions & wigs

**EILEEN COAN, MA, MLS**  
216-455-1504

Individual Short-Term Cancer Focused Emotional Support

**SUSAN MARINAC, MSSA, LISW-S, MT-BC**  
216-455-1512

Children & Family/Parent Consultations

**ERIN RAFTER, PHD, CCLS**  
214-455-1516

Nutrition and Exercise Consultations

**BETH BENNETT, PT, MA, MS, RDN, LD**  
216-455-1517

Distant Reiki

**MARY FISHER-BORNSTEIN, LISW-S**  
216-455-1506

# SUPPORT GROUPS

**GREEN TEXT** Indicates West Location Group  
**BLUE TEXT** Indicates East Location Group

## ALL CANCERS

### GROUP FOR ADULTS WITH CANCER

Mondays: 6:30-8:00pm  
Ellen Heyman, MSN, RN  
216-455-1509

### GROUP FOR CAREGIVERS

Mondays: 6:30-8:00pm  
Susan Marinac, MSSA, LISW-S, MT-BC  
216-455-1512

### GROUP FOR ADULTS WITH CANCER

Tuesdays: 6:30-8:00pm  
Andrea Sonnie, LISW-S, OSW-C  
216-455-1521

### GROUP FOR CAREGIVERS

Tuesdays: 6:30-8:00pm  
Ellen Heyman, MSN, RN  
216-455-1509

### SISTER CIRCLE: FOR AFRICAN AMERICAN WOMEN WITH CANCER

1st Thursdays: 6:30-8:00pm  
Jackie Barnes, LISW-S  
216-455-1507

### LIFE AFTER CANCER TREATMENT GROUP

2nd Thursdays: 6:30-8:00pm  
Ellen Heyman, MSN, RN  
216-455-1509

### GROUP FOR YOUNG ADULTS WITH CANCER

4th Thursdays: 6:30-8:00pm  
Mary Fisher-Bornstein, LISW-S  
216-455-1506

### GROUP FOR OLDER ADULTS WITH CANCER

3rd Fridays: 11:00am-12:30pm  
Erin Rafter, PHD, CCLS  
216-455-1516

## CANCER SPECIFIC

### MYELOMA GROUP

1st Mondays (every other month): 5:30-6:30pm  
Mary Fisher-Bornstein, LISW-S  
216-455-1506

### YOUNG WOMEN WITH BREAST CANCER GROUP

1st Tuesdays: 6:30-8:00pm  
Susan Marinac, MSSA, LISW-S, MT-BC  
216-455-1512

### ORAL, HEAD, AND NECK CANCERS GROUP

2nd Mondays: 3:30-4:30pm  
Ellen Heyman, MSN, RN  
216-455-1509

### PROSTATE PARTNERS GROUP

2nd Thursdays: 6:30-7:30pm  
Mary Fisher-Bornstein, LISW-S  
216-455-1506

### BREAST CANCER GROUP

3rd Mondays: 2:00-3:30pm  
Andrea Sonnie, LISW-S, OSW-C  
216-455-1521

### METASTATIC BREAST CANCER GROUP

3rd Tuesdays: 6:30-8:00pm  
Mary Fisher-Bornstein, LISW-S  
216-455-1506

### GYNECOLOGICAL CANCERS GROUP

3rd Wednesdays: 2:00-3:00pm  
Susan Marinac, MSSA, LISW-S, MT-BC  
216-455-1512

### PANCREATIC CANCER GROUP

4th Mondays: 3:30-4:30pm  
Ellen Heyman, MSN, RN  
216-455-1509

## GRIEF & LOSS

### GRIEF GROUP

2nd Tuesdays: 2:00-3:30pm  
Erin Rafter, PHD, CCLS  
216-455-1516

### GRIEF GROUP

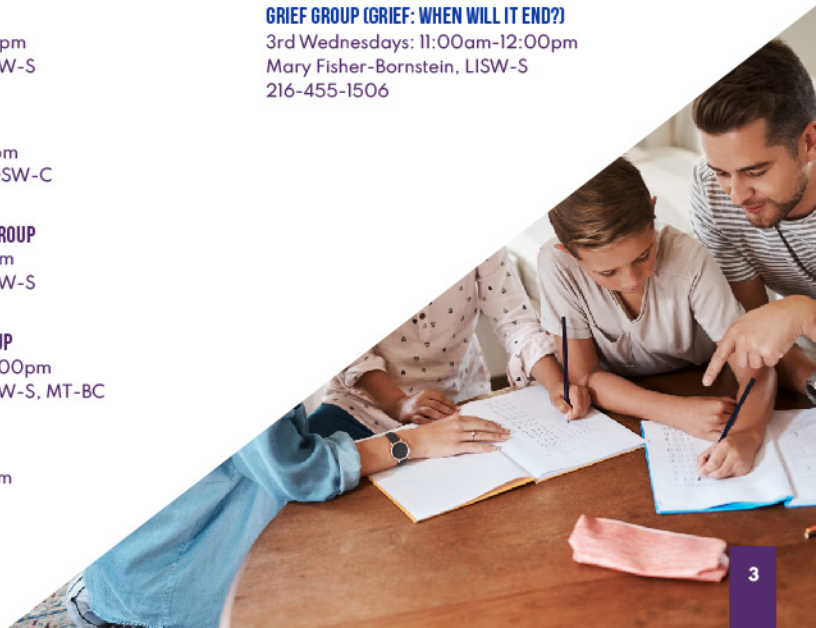
4th Tuesdays: 6:30-8:00pm  
Erin Rafter, PHD, CCLS  
216-455-1516

### GRIEF GROUP

2nd & 4th Tuesdays: 6:30-8:00pm  
Mary Fisher-Bornstein, LISW-S  
216-455-1506

### GRIEF GROUP (GRIEF: WHEN WILL IT END?)

3rd Wednesdays: 11:00am-12:00pm  
Mary Fisher-Bornstein, LISW-S  
216-455-1506



# INFORMATION & EDUCATION



## FIREWORKS! ANGER AND CANCER

Anger is a big emotion that can be a natural reaction to a cancer diagnosis. Explore this emotion and learn healthy ways to express your anger.

ANDREA SONNIE, LISW-S, OSW-C

WEDNESDAY, JULY 7 6:30-7:30PM

## WALK THE LABYRINTH (IN PERSON)

Learn the meaning and purpose of this restful walking meditation. ½ hour appointments will be made for up to 5 individuals or a pod of 5 family/friends. Explanation, walking and processing can all be done easily within that half hour. Outside at TGP East if weather allows.

Call EILEEN COAN, MA, MLS  
at 216-455-1504 for an appointment

FRIDAY, JULY 9 10:30 AM-1:30 PM

## ROUNDTABLE DISCUSSION FOR THOSE NEWLY DIAGNOSED WITH CANCER

Join others who are newly diagnosed with cancer. Ask questions and gain insight in this professionally facilitated discussion.

SUSAN MARINAC, MSSA, LISW-S, MT-BC

FRIDAY, JULY 9 12:00-1:00PM

## NEUROPATHY & CANCER

Cancer treatment can increase the risk of developing Chemotherapy Induced Peripheral Neuropathy (CIPN). Understand the causes, how it impacts life and develop strategies for managing neuropathy pain during and after cancer treatment.

JENNY DVORKIN, MD

WEDNESDAY, JULY 21 6:30-8:00PM



The Gathering Place reminds you how to live. It brings joy to a very dark place.

**FRANCES I.**  
PARTICIPANT

## SPIRITUALITY: FOCUSING ON SELF-COMPASSION

Self-Compassion is about allowing feelings of tenderness and love which we give to ourselves before we can truly give to others.

MARY FISHER-BORNSTEIN, LISW-S

TUESDAY, AUGUST 3 6:30-7:30PM

## SURVIVORSHIP & FAMILY COMMUNICATION

Now that cancer treatment is over, what does it mean for you and your family?

ANMARIE ANTENUCCI, LISW-S  
ANDREA SONNIE, LISW-S, OSW-C

WEDNESDAY, AUGUST 4 6:00-7:30PM

## HORTICULTURE WORKSHOP

Using a simple wire bending process, create a topiary frame that will inspire new growth in yourself. All supplies provided.

KAREN KENNEDY, HTR

FRIDAY, AUGUST 6 10:00-11:30AM

## ENROLLING MINORITIES IN CANCER CLINICAL TRIALS

This session will explore barriers including mistrust in the medical community and lack of access as we learn how to improve communication and access for minorities interested in learning about cancer clinical trials.

SMITHA KRISHNAMURTHI, MD

WEDNESDAY, AUGUST 11, 6:30-8:00PM

## BREAST CANCER & EXERCISE FOR WOMEN OVER 60

PART 1:

Sharing research results from the IMPROVE Study.

CYNTHIA OWUSU, MD, PRIMARY INVESTIGATOR IMPROVE STUDY

WEDNESDAY, SEPTEMBER 1 6:30-8:00PM

PART 2:

Translating cancer research into action steps

STEPHANIE HOPKINS, MS, RDN, LS  
STEPHEN CERNE, NSCA-CPT, ACSM/ACS-CET

THURSDAY, SEPTEMBER 9 6:30-8:00PM

## PTS & CANCER

A cancer diagnosis can sometimes trigger PTS (Post-Traumatic Stress). Learn more about PTS and helpful ways to cope with cancer stress.

MARY FISHER-BORNSTEIN, LISW-S

TUESDAY, SEPTEMBER 7 6:30-7:30PM

## WHAT IS SELF-CARE?

Learn the definition of self-care and develop a plan to increase self-care in your life while coping with cancer.

SUSAN MARINAC, MSSA, LISW-S, MT-BC

FRIDAY, SEPTEMBER 10 12:00-1:00PM

## SUCCULENT GARDENS

Succulents are popular for their ease of care. Ever wonder what cancer survivors and these plants have in common? Come plant a succulent dish garden and find out! (Supplies provided)

KAREN KENNEDY, HTR

WEDNESDAY, SEPTEMBER 29 6:30-8:00PM

## FEATURED PROGRAMS



## SOUND BATH: A CRYSTAL SINGING BOWL EXPERIENCE

Immersive, relaxing sound experience utilizing crystal bowls.

BECKY HOPP

THURSDAY, AUGUST 19, 6:30-7:30PM

# NUTRITION & EXERCISE

For more exercise classes see Ongoing Exercise Programs on page 3



## WHOLE FOOD LIFESTYLE CHECK IN

Join this monthly discussion on what a healthy lifestyle means for cancer survivors. We will share recipes and resources as we review the latest research around cancer and nutrition.

BETH BENNETT, PT, MA, MS, RDN, LD

**FRIDAYS:** 11:00AM-12:00PM  
JULY 2  
AUGUST 6  
SEPTEMBER 3

## CORE FOR MORE: IMPROVING STRENGTH AND STABILITY

Learn about the muscle groups that make up and control your core.

STEPHEN CERNE, NSCA-CPT, ACSM/ACS-CET

**MONDAY, JULY 12** 12:30-1:30PM  
**TUESDAY, AUGUST 10** 6:00-7:00PM

## FARMERS MARKET GUIDE

Increase your plant food consumption by visiting and shopping farmers markets! Join this cooking class to learn more about local farmers markets and how to incorporate seasonal produce in a cancer protective diet.

STEPHANIE HOPKINS, MS, RDN, LD

**SATURDAY, JULY 17** 11:00AM-12:00PM OR  
**WEDNESDAY, JULY 21** 6:00-7:00PM

## CANCER FIGHTING KITCHEN

Learn how to navigate Rebecca Katz's online Cancer Fighting Kitchen course to gain tips on healthy eating and cooking through treatment and beyond.

STEPHANIE HOPKINS, MS, RDN, LD

**WEDNESDAYS:** 6:00-7:00PM  
JULY 14  
AUGUST 4  
SEPTEMBER 8

## FIND BALANCE IN MOVEMENT AND NUTRITION

Join Stephen and Stephanie for a dual exercise and nutrition program. Stephen will first lead you through a balance-focused movement routine. Stephanie will follow to discuss what a balanced diet looks like for cancer treatment and cancer survivorship.

STEPHEN CERNE, NSCA-CPT, ACSM/ACS-CET  
STEPHANIE HOPKINS, MS, RDN, LD

**MONDAY, JULY 19** 12:30-1:30PM

## MASON JAR MEALS

Mason jars are a great vehicle to store a nutrient-packed salad or meal. Learn how to take advantage of this kitchen hack for easy nutrition during or after cancer treatment.

STEPHANIE HOPKINS, MS, RDN, LD

**SATURDAY, AUGUST 7** 11:00AM-12:00PM OR  
**WEDNESDAY, AUGUST 11** 6:00-7:00PM

## HEALTHY 10 CHALLENGE: SUPPORT GROUP SERIES

Join others in a support group to accomplish the Healthy 10 Challenge: a free, 10-week online program offered by the American Institute of Cancer Research to improve diet, nutrition, physical activity, and weight. The Healthy 10 Challenge focuses on lifestyle behaviors to help lower cancer risk, promote survivorship, and better overall health.

STEPHANIE HOPKINS, MS, RDN, LD

**WEDNESDAYS:** 6:00-7:00PM  
AUGUST 18  
SEPTEMBER 1  
SEPTEMBER 15  
OCT 6  
OCT 20  
OCT 27

## INTUITIVE EATING FOR CANCER SURVIVORS

Intuitive Eating is a practice that focuses on nurturing your body and making peace with food. This discussion will work to dismantle the chronic diet mentality and encourage improving your relationship with food and nutrition to promote survivorship.

STEPHANIE HOPKINS, MS, RDN, LD

**MONDAY, AUGUST 30** 6:00-7:00PM

## INTRO TO BALANCE FOR IMPROVED FUNCTION

A slow, progressive program focused on stability and body awareness, allowing for improved function.

STEPHEN CERNE, NSCA-CPT, ACSM/ACS-CET

**TUESDAY, SEPTEMBER 7** 6:30-7:30PM

## NOURISHING SLOW COOKER MEALS

If cooking feels like a challenge during or after treatment, turn to your slow cooker/Instapot/or crockpot as a tool to make the cooking process no fuss. Tune in to review balanced and nutritious meals you and the whole family will enjoy that all can be made in a slow cooker.

STEPHANIE HOPKINS, MS, RDN, LD

**WEDNESDAY, SEPTEMBER 22** 6:00-7:00PM OR  
**SATURDAY, SEPTEMBER 25** 11:00AM-12:00PM

## AICR LIFESTYLE PASSPORT

Through evidence-based research, the American Institute of Cancer Research has developed recommendations on lifestyle behaviors for cancer prevention and cancer survivorship. Review how you can put AICR recommendations into action through programming and support at The Gathering Place now and next quarter when The Gathering Place offers a passport program. Join to learn more.

STEPHANIE HOPKINS, MS, RDN, LD

**WEDNESDAY, SEPTEMBER 29** 6:00-7:00PM



## ANNOUNCEMENT

Due to the ongoing COVID-19 concerns, The Gathering Place has made the decision to not offer a Dragon Boat Program this summer. We are sorry to announce this but your safety is our first priority. We look forward to resuming our season in the summer of 2022.

Please email  
**BETH BENNETT**

bennett@touchedbycancer.org  
or call 216-455-1517

to learn more about our Dragon Boat program.

# CANCER SPECIFIC PROGRAMS

See Support Groups on page 3 for more cancer specific options



## DCIS: IS IT REALLY CANCER?

Is DCIS (Ductal Carcinoma in Situ) really cancer? Learn more about the diagnosis and treatment of this disease.

DEBORAH PRATT, MD

WEDNESDAY, JULY 14 6:30-8:00PM

## UNDERSTANDING HER2+ BREAST CANCER

Gain a better understanding of your diagnosis and learn about risks for recurrence.

LAURIE ROSA, BSN, RN, OCN, CBCN

THURSDAY, JULY 29 6:30-8:00PM



I believe healing just doesn't happen from medical attention, but also moral support and The Gathering Place is the epitome of this. I've seen it firsthand.

**ANTWAN S.**  
PARTICIPANT

## MYELOMA GROUP

Updates and resources from the International Myeloma Foundation.

MARY FISHER-BORNSTEIN, LISW-S  
STEVI GUTIN, RN  
ROBIN TUOHY, VP, INTERNATIONAL MYELOMA FOUNDATION

MONDAY, JULY 12 5:30-6:30PM

Grab some food and join us for this meet-up where we will get reacquainted, network and plan future group meetings.

MARY FISHER-BORNSTEIN, LISW-S  
STEVI GUTIN, RN

MONDAY, SEPTEMBER 13 5:30-6:30PM

## PROSTATE PARTNERS INFORMATION SESSION

For men who have been diagnosed with prostate cancer within the last six months.

CONTACT ERIN RAFTER WITH QUESTIONS  
**216-455-1516**

THURSDAYS: 5:15-6:15PM  
JULY 8  
AUGUST 12  
SEPTEMBER 9

## PROSTATE PARTNERS

Group education and support for men diagnosed with prostate cancer. Family members welcome to attend.

### TOPIC: TREATING ERECTILE DYSFUNCTION

MARY FISHER-BORNSTEIN, LISW-S  
ERIN RAFTER, PHD, CCLS  
NANNEN THIRUMAVALAVAN, MD

THURSDAY, JULY 8 6:30-7:30PM

### TOPIC: GRILL & CHILL

MARY FISHER-BORNSTEIN, LISW-S  
ERIN RAFTER, PHD, CCLS  
STEPHANIE HOPKINS, MS, RDN, LD

THURSDAY, AUGUST 12 6:30-8:00PM

### TOPIC: COPING WITH PROSTATE CANCER

MARY FISHER-BORNSTEIN, LISW-S  
ERIN RAFTER, PHD, CCLS

THURSDAY, SEPTEMBER 9 6:30-7:30PM

# CHILDREN, TEEN & FAMILY

Registration required for all children and family programs. Please contact Erin Rafter at 216-455-1516.



## SUPPORT FOR CHILDREN AND TEENS WITH CANCER

For children and teens who have been diagnosed with cancer. Siblings and parents are welcome to attend these creative, interactive and supportive session.

TOPIC: SLEEPING THROUGH EMOTIONAL FIREWORKS  
SATURDAY, JULY 10 10:00-11:00AM

TOPIC: DRUMMING OUT FEELINGS  
SATURDAY, AUGUST 14 10:00-11:00AM

TOPIC: STRATEGIZING BACK TO SCHOOL TRANSITIONS  
SATURDAY, SEPTEMBER 11 10:00-11:00AM

## BRIDGES GRIEF GROUP FOR FAMILIES

Group for parents, children and teens who have experienced a death of an adult loved one from cancer. Includes expressive, age specific, group activities and a concurrent support group for parents.

MONDAYS: 6:30-7:30PM  
JULY 19  
AUGUST 2  
AUGUST 16  
SEPTEMBER 20

## KIDSHOP/TEENSHOP

Workshop for children & teens who have an adult family member with cancer. Utilizing art, play, & discussion, children, teens and their parents interact with families in similar situations.

TOPIC: COOLING DOWN BIG EMOTIONS  
MONDAY, JULY 12 & 26 6:30-7:30PM

TOPIC: FAMILY PIZZA NIGHT  
MONDAY, AUGUST 23 6:30-7:30PM

TOPIC: STRATEGIES FOR COPING WITH CHANGE  
MONDAYS, SEPTEMBER 13 & 27 6:30-7:30PM

## FUN FALL FAMILY EVENTS

Please stay tuned for some great events this fall with our Camp Partners including Berea Animal Rescue and Fieldstone Farms.

Families and children will learn about and interact with animals in addition to some other exciting opportunities.

MORE INFO TO COME!

# YOUNG ADULTS



## GROUP FOR YOUNG WOMEN WITH BREAST CANCER

Monthly support for women in their 20's, 30's and 40's diagnosed with breast cancer.

SUSAN MARINAC, MSSA, LISW-S, MT-BC

**TUESDAYS:** 6:30-8:00PM  
JULY 6  
AUGUST 3  
SEPTEMBER 7

## YOUNG ADULTS SURVIVING CANCER

Program for young adults (ages 18-40) surviving cancer. Program provides opportunities for social networking and offers creative opportunities to assist in coping.

MARY FISHER-BORNSTEIN, LISW-S

**TOPIC: SELF-SOOTHING TECHNIQUES**  
THURSDAY, JULY 22 6:30-8:00PM

**TOPIC: INTIMACY AND CANCER**  
THURSDAY, AUGUST 26 6:30-8:00PM

**TOPIC: HOW TO PUT CANCER IN ITS PLACE**  
THURSDAY, SEPTEMBER 23 6:30-8:00PM



Young Adult programs at The Gathering Place are easily accessible, relevant for patients at various stages of treatment and a fun way to connect with other young adults.

**CRISTINA D.**  
PARTICIPANT

# ART, MUSIC & MEDITATION



## MEDITATION & GUIDED IMAGERY

Learn and practice basic meditation techniques to manage stress.

EILEEN COAN, MA, MLS  
ERIN RAFTER, PHD, CCLS

**MONDAYS:** 5:30-6:15PM  
JULY 12 & 26  
AUGUST 9 & 23  
SEPTEMBER 13 & 27

**FRIDAYS:** 9:30-10:15AM  
JULY 2  
AUGUST 6  
SEPTEMBER 3

## WRITING GROUP

Follow simple writing prompts to stimulate ideas. Enhance your creativity and find ways to more effectively cope with cancer.

EILEEN COAN, MA, MLS

**WEDNESDAYS:** 6:30-7:30PM  
JULY 14  
AUGUST 11  
SEPTEMBER 1

## BEACH GLASS COLLAGE

Use items found on our own Lake Erie shores to create a peaceful collage of glass, pottery and shells. Use your own finds along with ones we provide on a canvas for displaying.

EILEEN COAN, MA, MLS

THURSDAY, AUGUST 26 6:30-7:30PM

## ART THERAPY: THE WISDOM OF ANIMALS

Join a virtual art therapy session that will offer insight into your cancer journey with the help of characteristics of your chosen animal guides.

MAUREEN MOSES, MA, ATR-BC

WEDNESDAY, JULY 14 1:00-2:30PM

## THE BENEFITS OF MUSIC THERAPY

Learn about music therapy and how it can help you when coping with cancer.

SENECA BLOCK, MA, MT-BC

FRIDAY, JULY 23 12:00-1:00PM

## ART THERAPY: WATERCOLOR DOODLES

Join a virtual experiential art therapy session that will allow you to relax, recharge and play with colors and doodles.

MAUREEN MOSES, MA, ATR-BC

WEDNESDAY, SEPTEMBER 15 1:00-2:30PM



With cancer there's curing and healing. The Gathering Place is where people go to be healed.

**DR. JAME ABRAHAM**  
HEMATOLOGY AND MEDICAL  
ONCOLOGY AT CLEVELAND CLINIC

# JULY

## PROGRAM CALENDAR

**GREEN TEXT** Indicates West Location Group

**BLUE TEXT** Indicates East Location Group

PLEASE NOTE: All support groups are currently virtual. We have maintained the groups that were meeting on the EAST & WEST side prior to COVID.

**ADVANCE REGISTRATION REQUIRED.**  
216-595-9546  
[TOUCHEDBYCANCER.ORG/CALENDAR](http://TOUCHEDBYCANCER.ORG/CALENDAR)



Scan the QR code with your smartphone camera to register for our upcoming programs and events.

MON	TUES	WED	THUR	FRI	SAT
<p>10:00AM Zumba <b>28</b></p> <p>3:30PM Pancreatic Cancer Group</p> <p>5:30PM Meditation &amp; Guided Imagery</p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM KidShop/Teenshop</p> <p>6:30PM Welcoming Orientation</p> <p>7:00PM Exercise</p>	<p>12:30PM Exercise <b>29</b></p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p>	<p>10:00AM Yoga <b>30</b></p> <p>12:30PM Balance for Improved Function</p> <p>6:30PM Sarcopenia &amp; Cancer Part 2</p>	<p>12:30PM Exercise <b>1</b></p> <p>6:30PM Exercise</p> <p>6:30PM Sister Circle</p>	<p>9:30AM Meditation &amp; Guided Imagery <b>2</b></p> <p>11:00AM Whole Food Lifestyle Check In</p> <p>12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p>Closed for Independence Day <b>3</b></p>
<p>Closed for Independence Day <b>5</b></p>	<p>12:30PM Exercise <b>6</b></p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM Young Women with Breast Cancer</p>	<p>10:00AM Yoga <b>7</b></p> <p>12:30PM Balance for Improved Function</p> <p>6:30PM Fireworks! Cancer and Anger</p>	<p>12:30PM Exercise <b>8</b></p> <p>5:15PM Prostate Partners Info. Session</p> <p>6:30PM Exercise</p> <p>6:30PM Life After Cancer Treatment Group</p> <p>6:30PM Prostate Partners</p>	<p>10:30AM Labyrinth Walk by Appointment <b>9</b></p> <p>12:00PM RoundTable Discussion: Newly Diagnosed</p> <p>12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p>10:00AM Children and Teens with Cancer Group <b>10</b></p> <p>10:00AM Qigong &amp; Tai Chi</p> <p>10:30AM Welcoming Orientation</p>
<p>10:00AM Zumba <b>12</b></p> <p>12:30PM Core for More</p> <p>3:30PM Oral, Head, &amp; Neck Cancer Group</p> <p>5:30PM Meditation &amp; Guided Imagery</p> <p>5:30PM Myeloma Group</p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM KidShop/Teenshop</p> <p>6:30PM Welcoming Orientation</p> <p>7:00PM Exercise</p>	<p>12:30PM Exercise <b>13</b></p> <p>2:00PM <b>Grief Group</b></p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM <b>Grief Group</b></p>	<p>10:00AM Yoga <b>14</b></p> <p>12:30PM Balance for Improved Function</p> <p>1:00PM Art Therapy</p> <p>6:00PM Cancer Fighting Kitchen</p> <p>6:30PM DCIS: Is It Really Cancer?</p> <p>6:30PM Writing Group</p>	<p>12:30PM Exercise <b>15</b></p> <p>6:30PM Exercise</p>	<p>11:00AM Older Adults Group <b>16</b></p> <p>12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p>10:00AM Qigong &amp; Tai Chi <b>17</b></p> <p>10:30AM Welcoming Orientation</p> <p>11:00AM Farmers Market Guide</p>
<p>10:00AM Zumba <b>19</b></p> <p>12:30PM Balance and Nutrition</p> <p>2:00PM Breast Cancer Group</p> <p>6:30PM Bridges</p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM Welcoming Orientation</p> <p>7:00PM Exercise</p>	<p>12:30PM Exercise <b>20</b></p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM Metastatic Breast Cancer Group</p>	<p>10:00AM Yoga <b>21</b></p> <p>11:00AM <b>Grief Group</b></p> <p>12:30PM Balance for Improved Function</p> <p>2:00PM Gynecological Cancer Group</p> <p>6:00PM Farmers Market Guide</p> <p>6:30PM Neuropathy &amp; Cancer</p>	<p>12:30PM Exercise <b>22</b></p> <p>6:30PM Exercise</p> <p>6:30PM Life After Cancer Treatment Group</p> <p>6:30PM Young Adult Group</p>	<p>12:00PM The Benefits of Music Therapy <b>23</b></p> <p>12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p>10:00AM Qigong &amp; Tai Chi <b>24</b></p> <p>10:30AM Welcoming Orientation</p>
<p>10:00AM Zumba <b>26</b></p> <p>3:30PM Pancreatic Cancer Group</p> <p>5:30PM Meditation &amp; Guided Imagery</p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM KidShop/Teenshop</p> <p>6:30PM Welcoming Orientation</p> <p>7:00PM Exercise</p>	<p>12:30PM Exercise <b>27</b></p> <p>6:30PM <b>Adults with Cancer Group</b></p> <p>6:30PM <b>Caregiver Group</b></p> <p>6:30PM <b>Grief Group</b></p> <p>6:30PM <b>Grief Group</b></p>	<p>10:00AM Yoga <b>28</b></p> <p>12:30PM Balance for Improved Function</p> <p>6:30PM Healthy 10 Challenge</p>	<p>12:30PM Exercise <b>29</b></p> <p>6:30PM HER 2 + Breast Cancer</p> <p>6:30PM Exercise</p>	<p>12:30PM Restorative Motion <b>30</b></p> <p>Offices Close at 2:00pm</p>	<p>10:00AM Qigong &amp; Tai Chi <b>31</b></p> <p>10:30AM Welcoming Orientation</p>



# AUGUST PROGRAM CALENDAR

**GREEN TEXT** Indicates West Location Group

**BLUE TEXT** Indicates East Location Group

PLEASE NOTE: All support groups are currently virtual. We have maintained the groups that were meeting on the EAST & WEST side prior to COVID.

**ADVANCE REGISTRATION REQUIRED.**  
216-595-9546  
[TOUCHEDBYCANCER.ORG/CALENDAR](http://TOUCHEDBYCANCER.ORG/CALENDAR)



Scan the QR code with your smartphone camera to register for our upcoming programs and events.

MON	TUES	WED	THUR	FRI	SAT
<p><b>2</b></p> <p>10:00AM Zumba 6:30PM Bridges 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p><b>3</b></p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Spirituality &amp; Self-Compassion 6:30PM Young Women with Breast Cancer</p>	<p><b>4</b></p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Cancer Fighting Kitchen 6:00PM Survivorship &amp; Family Communication</p>	<p><b>5</b></p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Sister Circle</p>	<p><b>6</b></p> <p>9:30AM Meditation &amp; Guided Imagery 10:00AM Horticulture Workshop 11:00AM Whole Food Lifestyle Check In 12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p><b>7</b></p> <p>10:00AM Qigong &amp; Tai Chi 10:30AM Welcoming Orientation 11:00AM Mason Jar Meals</p>
<p><b>9</b></p> <p>10:00AM Zumba 3:30PM Oral, Head, &amp; Neck Cancer Group 5:30PM Meditation &amp; Guided Imagery 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p><b>10</b></p> <p>12:30PM Exercise 2:00PM Grief Group 6:00PM Core for More 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group</p>	<p><b>11</b></p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Mason Jar Meals 6:30PM Writing Group 6:30PM Enrolling Minorities in Clinical Trials</p>	<p><b>12</b></p> <p>12:30PM Exercise 5:15PM Prostate Partners Info. Session 6:30PM Exercise 6:30PM Life After Cancer Treatment Group 6:30PM Prostate Partners</p>	<p><b>13</b></p> <p>12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p><b>14</b></p> <p>10:00AM Children and Teens with Cancer Group 10:00AM Qigong &amp; Tai Chi 10:30AM Welcoming Orientation</p>
<p><b>16</b></p> <p>10:00AM Zumba 2:00PM Breast Cancer Group 6:30PM Bridges 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p><b>17</b></p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group</p>	<p><b>18</b></p> <p>10:00AM Yoga 11:00AM Grief Group 12:30PM Balance for Improved Function 2:00PM Gynecological Cancer Group 6:00PM Healthy 10 Challenge</p>	<p><b>19</b></p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Sound Bath Experience</p>	<p><b>20</b></p> <p>11:00AM Older Adults Group 12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p><b>21</b></p> <p>10:00AM Qigong &amp; Tai Chi 10:30AM Welcoming Orientation</p>
<p><b>23</b></p> <p>10:00AM Zumba 3:30PM Pancreatic Cancer Group 5:30PM Meditation &amp; Guided Imagery 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM KidShop/Teenshop 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p><b>24</b></p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Grief Group</p>	<p><b>25</b></p> <p>10:00AM Yoga 12:30PM Balance for Improved Function</p>	<p><b>26</b></p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Life After Cancer Treatment Group 6:30PM Young Adult Group 6:30PM Beach Glass Collage</p>	<p><b>27</b></p> <p>12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p><b>28</b></p> <p>10:00AM Qigong &amp; Tai Chi 10:30AM Welcoming Orientation</p>
<p><b>30</b></p> <p>10:00AM Zumba 6:00PM Intuitive Eating 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p><b>31</b></p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group</p>				

# SEPTEMBER

## PROGRAM CALENDAR

**GREEN TEXT** Indicates West Location Group

**BLUE TEXT** Indicates East Location Group

PLEASE NOTE: All support groups are currently virtual. We have maintained the groups that were meeting on the EAST & WEST side prior to COVID.

**ADVANCE REGISTRATION REQUIRED.**  
216-595-9546  
[TOUCHEDBYCANCER.ORG/CALENDAR](http://TOUCHEDBYCANCER.ORG/CALENDAR)



Scan the QR code with your smartphone camera to register for our upcoming programs and events.

MON	TUES	WED	THUR	FRI	SAT
		<p><b>1</b></p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Healthy 10 Challenge 6:30PM Writing Group 6:30PM Breast Cancer IMPROVE Study Lecture</p>	<p><b>2</b></p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Sister Circle</p>	<p><b>3</b></p> <p>9:30AM Meditation &amp; Guided Imagery 11:00AM Whole Food Lifestyle Check In 12:30PM Restorative Motion</p> <p>Offices Close at 2:00pm</p>	<p><b>4</b></p> <p>Closed For Labor Day</p>
<p><b>6</b></p> <p>Closed For Labor Day</p>	<p><b>7</b></p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM PTS and Cancer 6:30PM Intro to Balance 6:30PM Young Women with Breast Cancer</p>	<p><b>8</b></p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Cancer Fighting kitchen</p>	<p><b>9</b></p> <p>12:30PM Exercise 6:15PM Prostate Partners Info. Session 6:30PM Exercise 6:30PM Life After Cancer Group 6:30PM Prostate Partners 6:30PM Breast Cancer IMPROVE Study Lecture</p>	<p><b>10</b></p> <p>12:00PM What is Self-Care? 12:30PM Restorative Motion</p>	<p><b>11</b></p> <p>10:00AM Children and Teens with Cancer Group 10:00AM Qigong &amp; Tai Chi 10:30AM Welcoming Orientation</p>
<p><b>13</b></p> <p>10:00AM Zumba 3:30PM Oral, Head, &amp; Neck Cancer Group 5:30PM Meditation &amp; Guided Imagery 5:30PM Myeloma Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM KidShop/Teenshop 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p><b>14</b></p> <p>12:30PM Exercise 2:00PM Grief Group 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group</p>	<p><b>15</b></p> <p>10:00AM Yoga 11:00AM Grief Group 12:30PM Balance for Improved Function 1:00PM Art Therapy 2:00PM Gynecological Cancer Group 6:00PM Healthy 10 Challenge</p>	<p><b>16</b></p> <p>12:30PM Exercise 6:30PM Exercise</p>	<p><b>17</b></p> <p>11:00AM Older Adults Group 12:30PM Restorative Motion</p>	<p><b>18</b></p> <p>10:00AM Qigong &amp; Tai Chi 10:30AM Welcoming Orientation</p>
<p><b>20</b></p> <p>10:00AM Zumba 2:00PM Breast Cancer Group 6:30PM Bridges 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p><b>21</b></p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Metastatic Breast Cancer Group</p>	<p><b>22</b></p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM Slow Cooker Meals</p>	<p><b>23</b></p> <p>12:30PM Exercise 6:30PM Exercise 6:30PM Life After Cancer Group 6:30PM Young Adult Group</p>	<p><b>24</b></p> <p>12:30PM Restorative Motion</p>	<p><b>25</b></p> <p>10:00AM Qigong &amp; Tai Chi 10:30AM Welcoming Orientation 11:00AM Slow Cooker Meals</p>
<p><b>27</b></p> <p>10:00AM Zumba 3:30PM Pancreatic Cancer Group 5:30PM Meditation &amp; Guided Imagery 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM KidShop/Teenshop 6:30PM Welcoming Orientation 7:00PM Exercise</p>	<p><b>28</b></p> <p>12:30PM Exercise 6:30PM Adults with Cancer Group 6:30PM Caregiver Group 6:30PM Grief Group 6:30PM Grief Group</p>	<p><b>29</b></p> <p>10:00AM Yoga 12:30PM Balance for Improved Function 6:00PM AICR Lifestyle Passport 6:30PM Succulent Gardens</p>	<p><b>30</b></p> <p>12:30PM Exercise 6:30PM Exercise</p>		

# IN THE COMMUNITY

Our partners are instrumental in supporting the mission of The Gathering Place. We recognize that everyone has different needs while coping with cancer and by working with our local healthcare systems, we meet people where they are on their cancer journey.



The Gathering Place is pleased to partner with MetroHealth Cancer Center by providing free resources for cancer for patients and their family members. The Gathering Place staff will be on location at the MetroHealth Main Campus the following days and times:

**MONDAYS 1:00-3:00PM AND THURSDAYS 10:00AM-12:00PM**  
Find out more by visiting [metrohealth.org/cancer/the-gathering-place](https://metrohealth.org/cancer/the-gathering-place).



Our team continues their work with University Hospitals Seidman Cancer Center. TGP Clinical Staff Members, Andrea Sonnie LISW-S, OSW-C and Stephanie Hopkins MS, RDN, LD, serve as Clinical Community Liaisons providing patients and their loved ones with information about The Gathering Place's free programs and services.



This summer, The Gathering Place and Cleveland Clinic's South Pointe Hospital are developing relevant programming for Warrensville Heights residents and those in the surrounding communities faced with cancer.

## WAYS TO *give.*

Our mission at The Gathering Place is to support, educate and empower individuals and families currently coping with the impact of cancer in their lives through programs and services. One of the things that sets The Gathering Place apart is that everything we offer is completely free of charge, thanks to the generous support of our donors. You can ensure that others are able to have this invaluable resource on their journey by making a gift today.

Find out more at [touchedbycancer.org/donate](https://touchedbycancer.org/donate).





## THE GATHERING PLACE

The Arnold & Sydell Miller Family Campus  
23300 Commerce Park,  
Beachwood, Ohio 44122

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PAID  
Cleveland, OH  
Permit #769

INSIDE!

PROGRAM CALENDAR & NEWSLETTER

*Summer Edition*

JULY • AUGUST • SEPTEMBER



The Gathering Place's mission is to provide a caring community that supports, educates and empowers individuals and families currently coping with the impact of cancer through programs and services

*provided free of charge.*

## WAYS TO CONNECT

216-595-9546  
[touchedbycancer.org](http://touchedbycancer.org)



### TGP EAST

The Arnold & Sydell Miller Family Campus  
23300 Commerce Park  
Beachwood, Ohio 44122

### TGP WEST

The Sandy Borrelli Center  
25425 Center Ridge Road  
Westlake, Ohio 44145